



Fruit of the Week:  
Banana

Healthy Recipe Idea: Banana Nut Smoothie

**Ingredients:**

2 bananas, ripe  
2 cups pineapple juice  
2 Tbsp. creamy peanut butter  
2 tsp. plain yogurt  
1 ½ tsp. vanilla extract  
6 ice cubes  
grated nutmeg, to taste



**Directions:** Combine all ingredients, except nutmeg, in blender. Cover and run on high until smooth and well-blended. Sprinkle with nutmeg.

**How do I pick my bananas?**

Bananas come in bunches. They may be purchased green or ripe. They are ready to eat once they are mostly yellow, with a slight tinge of green near the stem. For eating out of hand, they become too soft to eat once they are mostly black. Once bananas become too soft to eat, either use quickly in recipes, or freeze to use. To freeze, peel banana, place in zip top plastic bag, squeeze out most of the air, and seal. Freeze until ready to use. Frozen bananas can be used frozen in smoothies, or thawed for use in recipes that need mashed bananas. Discard bananas once the skin begins to show signs of white mold or when the skin appears to be oozing.